



october 2009

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Newton Senior Services

Home Contractor Referral Program

The Newton Department of Senior Services has created a list of pre-screened contractors including carpenters, electricians, plumbers, handymen and snow removal. The criteria used for screening include; valid insurance coverage, appropriate licensing, no outstanding complaints with Attorney General's office, and good customer referrals. Residents will receive an information packet with tips for hiring and working with contractors to guide them through the process. Seniors receiving contractor services through this list will be asked to fill out a client satisfaction evaluation.

To access this resource call the Senior Center and ask for Lynn @ 617-796-1675.

This service is funded in part from a grant through Springwell.

Halloween with the Candidates

Pre-register for lunch on Friday October 30,
(by 11:00am the previous day)

Meet the candidates... Costumes encouraged
(Election November 2)

Register for your Senior MBTA Passes

October 7.....12:00-3:30

Newton Senior Center (Art Studio, Lower Level)

For those 65+ years old and/or disabled.

Temporary passes issued on site.

Please bring identification.

You must come in person to have your photo taken

Questions??? 617-222-5438 (MBTA office)

Craft Fair

**The Newton Senior Center &
The Second Step of Newton**

Are offering an

“Evening of Gifts”

***Wednesday, October 28, 3:00pm-8:00pm**

Crafters may donate items for the
Senior Center Booth

Crafters wishing to rent a booth should go to

www.thesecondstep.org

for an application.

**The event will take place at the
Newton Senior Center.**

Seasonal FLU Shots (see page 14)

The Department of Health & Human Services
H1N1 Swine flu vaccination clinics will be
set when vaccine arrival date is known.

Flu clinic hotline (617)796-1426.

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THE NEWTON SENIOR CENTER STAFF

617-796-1660.....FAX 617-969-9560

Web Site Address — www.newtonseniors.org

Center Hours: 8:30-4:00 Monday-Friday



Jayne Colino.....	Director...617-796-1671
Alice Bailey.....	Administrative Coordinator...617-796-1664
Joanne Fisher	Program Coordinator...617-796-1670
Kathy Laufer.....	Clinical Social Worker...617-796- 1663
Lindsay Carlson.....	Outreach Worker.....617-796-1672
Linda Johnson	Administrative Assistant... 617-796-1665
Lucy Bedigian	Lunch Site Manager 617-796-1668
Joyce Cheng.....	Nurse... 617-796-1420
Monique Bleriot	Nurse... 617-796-1420
John Flynn	Custodian, AM
Ken Doucette.....	Custodian, PM
Lynn Feinman.....	Aging in Place, Project Manager...617-796-1675
Melissa Sorrell-Kimble	Social Work Intern... 617-796-1674

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For continued home delivery of your “Coming of Age” newsletter please re-subscribe by sending your \$10 to the Newton Senior Center. See payment form below. This subscription will run for one year.

Coming of Age SUBSCRIPTION FORM

I would like to receive “Coming of Age” monthly at my home. Enclosed is my subscription payment of \$10.

(Make checks payable to: Newton Senior Center)

Name_____

Street_____

City_____ State_____ Zip_____

Please mail to Newton Senior Center, 345 Walnut St., Newtonville, MA 02460. NOTE: All Newton residents over the age of 60 receive complimentary copies of the Coming of Age four times a year. (February, May, August, & November). *Copies of the Coming of Age may be picked up, at no charge, at the Newton Senior Center, Newton City Hall and the Newton Free Library and at many housing complexes around the city. It may also be accessed on the WEB... Go to www.newtonseniors.org*

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Disclaimer- We thank the advertisers featured in this newsletter for their support. They make the printing of the Coming of Age possible. The Center does not specifically endorse any service or product advertised herein. We *do* encourage our readers to investigate any service or product they may consider using in order to make an informed decision, and hope they will consider some of our supporters when doing so.

Getting Around



(These services may be changed or modified at any time.)

“Senior Transportation Services”

For Newton residents 60 years and older

- ***Medical Transportation*** - for Newton Seniors to medical appointments within the City of Newton. This service *has been expanded to include specific destinations OUTSIDE of the city.*
- ***Transportation*** to certain “Adult Day Health” locations up to 2 miles outside of the city. Monday through Friday 8-5.
- ***The Shopper's Service*** will take you for weekly marketing. Reservations available for Tuesday, Wednesday or Thursday from 10-2. Your choice of market within the city. *Reservations must be made 3 business days in advance and are not available on legal holidays.*
- ***Transportation to the Newton Senior Center-*** Service 5 days a week. Pick-ups begin at 8:00. Returns through the day until 4:00. *Reserve by 4:00 the previous day.*

Vouchers are good for all of the above services

Vouchers are available at the Senior Center, or by mail. The suggested contribution for a book of **20 vouchers is \$60 or \$3 per voucher** (1 voucher used each way). *A minimum contribution of \$1 is required, per voucher.* For those unable to budget this amount (\$20 for 20 vouchers) or more, *please* request an exemption form. Acceptance of your exemption will enable you to forgo a contribution. Payment is required BEFORE vouchers will be sent through the mail.

Make all reservations by calling 617-796-1288

If you have questions about the service, please call Alice Bailey at 617-796-1664.

"OTHER Transportation Services"

Busy Bee Medical Transportation – medical transportation to some destinations outside Newton. Suggested donation is **\$4.00 each way**, and requires 3-day advance reservations. *Call 1-800-427-0230*

“The RIDE”- Call 617-222-5123 to register. ***A healthcare provider’s signature required for eligibility.*** Rides seven days a week, Newton and surrounding areas. **\$2.00 fee each way.** *Handicapped accessible, 3-day advance reservations required, pre-registered riders only.*

october nuggets

The Newton Senior Center will be closed Monday, October 12, Columbus Day!

The Faces of History

History buffs and others, Wednesday, October 28, at 10:00 am, join Charlotte Dooling for a discussion about “Bill Moyers”. A \$1 donation is suggested.

***Low Vision Group Meets**

The Low-Vision Group meets the first Monday of each month (October 5). This group for the vision-impaired offers information, friendship and support.

Sign-up for Computer Lessons

Join the “computer world” or improve your skills, call Joanne (617-796-1670) to register. Students are matched to teachers (tutorial style) and may take six lessons at \$50 or one lesson at \$10.

Current Events & Speakers

This group meets every Thursday, 10:00am, and alternates weeks between guest speakers and current events discussions. Thursday, October 1, “*Saving Water*”. October 15, “*Not all Relationships are Safe*”, and October 29, “*Osher Clinic for Integrative Therapies, Eastern & Western Medicine Meet!*”

Tap-ercise

Resumes October 6, Tuesdays, from 11:30-12:30. Tap and get fit with Barbara Brilliant.

This will now be a pre-register/ pre-pay class. See Joanne to pay (\$40 for 8 weeks).

Speak Japanese

Learn conversational Japanese and surprise yourself! Class meets Fridays, 10-11am.

Please call to pre-register, 617-796-1660.

***Eco-Teams... Lunch Talk**

Learn about what an “Eco-Team” is (see page 7) and how you can participate in shrinking your carbon footprint. Join us for an eye-opening talk on Thursday, October 8, at lunch, 11:45am.

**Please pre-register for lunch by 11:00am the previous day for any lunch program.*

VOLUNTEER MEETING.... Monday, October 19... 1:00pm



Senior Center Music

Every Wednesday & alternate Fridays enjoy *Lunchtime Piano with the magic fingers of **Vic King**.

On alternate Fridays enjoy the marvelous melodies of **Harold Kaswell**.

Tuesdays 1:30... Newton Swing Band

Wednesdays, 9-10:30am- The Newton Senior Chamber Music Ensemble

(Open rehearsals, audience welcome!)

Alert!

Due to the growth of technology in our lives the public is warned to be “alert” to changes in billing processes for items such as cell phones, cable service, internet services, etc. Some companies are charging customers extra monthly fees if they do NOT pay their bills by computer. There are also charges for discontinuing contracted services before the contract expires. These and other changes are often made in “small print” notices. Read your bills carefully and ask questions.



In memory of Lee Mason:

Mr. & Mrs. George Chow	Mr. & Mrs. Ian Cochrane
Mr. & Mrs. Raymond Brown	Mr. & Mrs. Herbert Ullman
Mrs. Hope Hynes	Mr. & Mrs. Dean Harding, Jr.
Mr. Ed Hynes	Mr. & Mrs. Michael Crocetta
	Kathy Laufer

In memory of Lillian Ginsberg.

Phyllis Baker	Beverly Holzman	Alberta Richmond
Joanne Silverman	Claire Gilson	Lynne Buckman
Ruth Miller	Beverly Sheiffer	Brenda Bernstein
Marjorie Cummins	Myna Kenny	Marjorie Drucker
Susan Berger	Charlotte Glick	Susan Star

In appreciation of the Newton Senior Center:

Joan Rome	Ilse Garfunkel
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In memory of Mildred Sher, Roberta & Sam Wasif.

In memory of Muriel Hesse, Doris Lelchhook.

In memory of Morris Rubin, Doris Lelchhook.

In memory of Lucy Wentzell, Susanne Spatz.

In honor of Bea Carp's Special Birthday, Susanne Spatz.

In honor of Doris Perry's Birthday:

Pearl Rosenthal	Skippy Yoffe
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The Newton Senior Center regrets
the passing of
dear friends Joan Morse, Illeana



A Special Memorial Event

will be held at the Newton Senior Center

Saturday, October 3, at 11:00 a.m...

in the Walnut Street Garden.

At this time a garden patch will be dedicated in memory of

Lucy Wentzell...

Staff person, volunteer and Friend.

Sending flowers?

Save money and help fund-raise for The Senior Center
by ordering on the *internet*... 15% goes to the center!

Go to the link www.mafloral.com/newtonseniors

the coupon code is : newtonseniorcenter

Thank you for your support!

FALL BACK ...

set your clocks back 1 hour on Sunday, November 1.

The STABLE Program

“Stand Tall & Be Lively & Energetic”
This program just keeps growing....

- **Aerobics-** Low-impact exercise. (Drop-in) Offered twice a week. Suggested donation \$2.
- **Beyond Balance Mon.** - Strengthening exercise. Pre-register, 8 weeks/ \$40. (You may take both Monday & Friday for \$80)
- **Beyond Balance Fri.** - Strengthening exercise. Pre-register, 8 weeks/ \$40. (Same as above- different day)
- **Muscle Conditioning-** Muscle toning. (Drop-in) Offered twice a week. Suggested donation \$2.
- **Line Dancing I-** *Learn to dance from a STAR!* Pre-register, \$40/ 8 weeks. (You may take both I and II for \$80)
- **Line Dancing II-** *Learn to dance from a STAR!* Pre-register, \$40/ 8 weeks. (Same as above- different day)
- **Tai-Chi-** *sponsored by Newton/Wellesley Hospital, Epoch Senior Living and the Union Church of Waban.* Suggested donation \$3. (Drop-in.) Offered twice a week.
- **Tap-Ercise!** EASY, low impact tap dance with fitness moves. Tap shoes or just taps. Pre-register, 8 weeks/\$40.
- **Wii- FABB Center** (Fit and Balanced Brain Center.) By *appointment*, to exercise with Nintendo Wii, a gift from the Golden Living Center of Chestnut Hill. Suggested donation \$2. (**Appointments resume in October!**)
- **Chair Yoga-** (Drop-in) Suggested donation \$2
- **Mat Yoga** (Drop-in) Suggested donation \$2.

To Pre-register you must pre-pay:
See Joanne Fisher, Program Coordinator,
or mail check (Newton Senior Center) to center

TRY any pre-register/pre-pay class for a one-time fee of \$8 that will be credited toward the 8-week fee if you continue.
★ **If pre-registered classes do not fill by one week previous to start of session they will may be canceled and money returned.**
PRE-PAYMENT REQUIRED TO AVOID THIS!

See calendar for the days and times programs are offered.
Please note canceled days when instructors may take vacation.

The Newton Senior Center, where friends get fit!

SHINE

“Serving Health Information Needs of Elders”

Should you Change your Medicare Health Plan?

You may not have a choice! Some Medicare health plans *will no longer be offered* next year, including Tufts Medicare Preferred PPO and PFFS. In October, your plans will be sending letters about changes for next year. ***Be sure to open, read and save these letters!***

Although your plan may still be available next year, a different plan may be better for you. You may want to consider changing plans during the **Medicare Open Enrollment Period (November 15 – December 31)**.

Some reasons to look for a new plan for next year:

- 1) Your current plan's premium will be increasing.
- 2) Your co-payments to providers will be increasing.
- 3) Your doctors will no longer be taking your plan.
- 4) Some of your prescriptions will no longer be covered.
- 5) The cost of your prescriptions will be increasing.

A SHINE Counselor can help you understand the choices!

SHINE offers free Medicare counseling at the Newton Senior Center. Call 617-796-1660, and ask for a SHINE appointment. You can also reach a SHINE counselor by calling 1-800-AGE-INFO (1-800-243-4636), then pressing or saying 3. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Please be patient. Due to a large volume of calls, you may not hear from us for several days.

The Newton Eco-Team Project

A 30-day program to reduce your household carbon footprint.

What is an eco-team?

Households are grouped into teams and review a workbook with easy steps to dramatically reduce your carbon output.

Build community while improving the environment!

For more information attend a lunch talk at the senior center on October 8, (see page 4) or go to www.greendecade.org

**...save money...save energy...save the planet
Be part of the global warming solution!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>October 2009</div> <div>Domestic Violence Awareness Month</div> <div>See the Clothesline Project at the Senior Center</div> </div>			8:55-9:55 Line Dance II (pre-register) 1 10-11:30 "Wondrous Women of the World" 10:05- Current Events/ Speakers Saving Water 10:30- Mandarin Chinese 11:45-12:45 Tai-Chi 11:45 Lunch – Pot Roast Egg Salad 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1- Thursday Games 1:30 - French Salon 2- Yoga (mats)	9-12- Health Clinic 2 10-11 Japanese (pre-register) 9-10- Aerobics 10:30- Muscle Conditioning 10- Knitting 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Italian Chicken/ Seafood Salad Vic King-Piano 12- Chess Nuts & lessons 12-2 Legal Appointments 1:3:30 Drop-in Computer Help 1- Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center -pre-reg
5 8:45-9:45 Tai C hi 9-12- Pool Cues 10 Low Vision Group 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Baked Macaroni/ Cheese/Broccoli Roast Beef/ Cheese 12:45-1:45 Beyond Balance (pre-reg) 1- NewsTalk- suspended 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)	6 9-10- Aerobics 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:30-12:30 Tap-ercise (pre-register) 11:45- Lunch Salisbury Steak Egg Salad 1 Bingo 1:30 Swing Band	7 9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Apple Glazed Pork Turkey & Cheese 12-3:30 MBTA Senior Passes 1- Movie "The Proposal" ★ 1-2:45 Matter of Balance (pre-register) 1- Duplicate Bridge 1- SHINE pre-reg	8 8:55-9:55 Line Dance II (pre-register) 10:05- Current Events/ Speakers 10-11:30 "Wondrous Women of the World" 10:30- Mandarin Chinese 11:45-12:45 Tai-Chi 11:45- Lunch – Chicken Fajita Tuna Salad Eco-Teams... Lunch Talk 12:30- Ceramics (pre-reg) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	9 9-12- Health Clinic 10-11 Japanese (pre-register) 9-10 Aerobics 10- Knitting 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Salmon Boat Chicken Salad Harold Kaswell- piano 12- Chess Nuts & lessons 1-3:30 Drop-in Computer Help 1- Chinese Painting.- pre-reg 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center -pre-reg.
12 Center Closed for Columbus Day Holiday	13 9-10- Beginning Spanish 9-10- Aerobics 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:30-12:30 Tap-ercise (pre-register) 11:45- Lunch Hot Dog Roast Beef/ Cheese 1-Bingo 1:30 Swing Band	14 9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Chicken Macaroni Turkey Salad Vic King- Piano 1- Movie-"Public Enemies" 1-2:45 Matter of Balance (pre-register) 1- Duplicate Bridge 1- SHINE	15 8:55-9:55 Line Dance II (pre-register) 10:05- Current Events/Speakers "Not all Relationships are Safe" 10-11:30 "Wondrous Women of the World" 10:30- Mandarin Chinese 11:45- Lunch – Roast Turkey Egg Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	9-12- Health Clinic 16 10-11 Japanese (pre-register) 9-10 Aerobics 9-12:30 Pool Cues 10- Knitting 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Breaded Fish California Chicken Salad Vic King- piano 12- Chess Nuts & lessons 1-3:30 Drop-in Computer Help 1- Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1-3:30 FABB Center pre-reg
19 8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance I (pre-register) 10:30 Beginner French 11:45- Lunch - American Chop Suey Chicken Pattie 12:45-1:45 Beyond Balance (pre-reg.) 1- NewsTalk suspended 1 Volunteer Meeting 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)	20 9-10- Aerobics 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:30-12:30 Tap-ercise (pre-register) 11:45- Lunch Beef Burgundy SPECIAL <i>Dialogue w/ Director</i> 1-Bingo 1:30 Swing Band	21 9-12 Health Clinic 9-12:30- Pool Cues 9:30 – Fine Art Studio 9-10:30 Chamber Music 11:45- Lunch- Breaded Fish Ham & Cheese Vic King- piano 1- Movie- "Noble Son" 1-2:45 Matter of Balance (pre-reg) 1- Duplicate Bridge 1- SHINE	22 8:55-9:55 Line Dance II (pre-register) 10:05- Current Events/Speakers 10:30- Mandarin Chinese 10-11:30 "Wondrous Women of the World" 11:45- Lunch – Chicken Marsala Seafood Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	23 9-12- Health Clinic 10-11 Japanese (pre-register) 9-10 Aerobics 9-12:30 Pool Cues 10- Knitting 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Pork Rib Tuna Salad Harold Kaswell- piano 12- Chess Nuts & lessons 1-3:30 Drop-in Computer Help 1- Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.
26 8:45-9:45 Tai C hi 9-12- Pool Cues 10 Line Dance (pre-register) 10:30 Beginner French 11:45- Lunch - Breaded Fish/ Cheese Turkey/ Cheese 12:45-1:45 Beyond Balance (pre-reg) 1- NewsTalk suspended 1 Monday Games 1:30 Writing Workshop 2- Yoga (chairs)	27 9-10- Aerobics 9-10- Beginning Spanish 10-11:30 Bridge Lessons 10:30 Muscle Conditioning 10:30-11:30 Intermediate Spanish 11:30-12:30 Tap-ercise (pre-register) 11:45- Lunch Pot Roast Chicken Pattie 1 Social Service Discussion Group 1-Bingo 1:30 Swing Band	28 9-12 Health Clinic 9-10:30 Chamber Music 9-12:30- Pool Cues 9:30 – Fine Art Studio 10-12 Faces of History 11:45- Lunch- Baked Chicken Breast Roast Beef/ Cheese Vic King- piano 1- Movie- Canceled 1-2:45 Matter of Balance (pre-register) Art Room today 1- Duplicate Bridge Canceled 1- SHINE 3-8 pm "An Evening of Gifts" CRAFT FAIR	29 8:55-9:55 Line Dance II (pre-register) 10:05- Current Events/Speakers "Eastern/Western Medicine" 10:30- Mandarin Chinese 10-11:30 "Wondrous Women of the World" 11:45- Lunch – Stuffed Pepper Chicken Salad 11:45-12:45 Tai-Chi 12:30- Ceramics (pre-register) 1- Yoga (chairs) 1-Thursday Games 1:30 - French Salon 2-Yoga (mats)	30 9-12- Health Clinic 9-10 Aerobics 10- Knitting 10:30- Muscle Conditioning 11:30-12:30 Beyond Balance (pre-reg) 11:45- Lunch- Meatloaf Tuna Salad Vic King- piano Lunch w/ Candidates 12- Chess Nuts & lessons 1-3:30 Drop-in Computer Help 1- Chinese Painting. (pre-reg) 1- Scrabble 1- Poker 1-Bingo 1- Foreign Film 1 FABB Center pre-reg.

The Senior Center & Beyond

NEWTON UPPER FALLS SENIORS

51 Pettee St., Newton Upper Falls
Emerson Community Center

OCTOBER 2009

October 7... Peter O'Malley

October 14... BINGO

October ... Beverly Jennings

October 28... Ellen Schmidt

Refreshments Served~ Visitors Welcome!

All programs start promptly at 10:00am

Give the Gift of a Newton Throw

Newton Throws are available in 4 colors, depicting nine special points of interest in Newton. A portion of each sale goes to benefit programs and services for Newton Seniors.

The above item is available for purchase at the Newton Senior Center.

Curious about the Newton Senior Center???

Set an appointment for tour by
calling Joanne at 617-796-1670

"SARG"

Small Appliance Repair Group...

(no electronics, please). Bring items, to the Scandinavian Living Center, 206 Waltham Street, West Newton. 1:00 to 3:00 p.m. Wed., No charge (unless you approve new parts), but donations are appreciated. Questions??? Call Rachel Mason - SOAR 55, at 617-969-5906 x114 or Visit our website at www.soar-ma.org

PAC- Participant Advisory Council

The Participant Advisory Council meets on alternate months. Anyone wishing to become a representative to this group should contact the center staff for an interview to be scheduled. Members are chosen in an effort to reflect the true face of the senior center.

Please see suggestion box on first floor.

See PAC notices on bulletin board near the Store.



Join... Jayne Colino, Director-
Department of Senior Services
for a
"Dialogue with the Director"
Tuesday, October 20, at 12:00

HAPPY BIRTHDAY!

The Registry of Motor Vehicles will no longer be alerting citizens of license renewals. Renew your license at least 7 days before your birthday so that you will have the new one, before the old one expires. The expiration date can be found on the front of your license. If you have any questions you should contact the Registry directly at 617-351-4500.



The Newton Senior Center has **Entertainment Books**, with money saving coupons, for sale NOW! These make great gifts for yourself or anyone on your list. Proceeds benefit the center.

Disability Indicator Form

If you or someone in your household is disabled you may register them with the Newton Police Department using a **Disability Indicator Form**. Forms available at the Newton Senior Center.

"WOULD YOU LIKE TO WORK AT THE VOTING POLLS?"

The Newton Election Commission

is hiring paid poll workers!

City Election November 3, 2009

State Election December 8, 2009

State Election January 19, 2010

Contact the Election office 617-796-1350



Watch NEW-TV your Cable Access Station

- **Mayor's Press Conference-**
Monday-Friday 12PM, 3PM, 6PM
- **"Coming of Age" - Newton Senior Center**
Daily, 5:30pm and Noon, Saturday /Sunday
Channels- 9,10 or 15 or 33

“FROM THE DESK OF OUR SOCIAL WORKER”



OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic violence (DV) is “a pattern of coercive control that the abuser exercises over the victim.” (*National Coalition Against Domestic Violence*). Elder victims of DV are the least likely to seek out or accept assistance. They are often socially isolated and many believe that family problems are a private matter. Some are not aware that Massachusetts has two laws which protect seniors from domestic violence: domestic relations (MGL 209A) and elder abuse (MGL 19A) laws provide for intervention to stop the abuse and protect elders.

Under the Massachusetts Abuse Prevention Act (MGL 209A), “any person who is suffering from abuse by a present or former family or household member, or by a dating partner, may obtain an emergency, temporary, and/or permanent restraining order against the abuser” (from a court). If you want assistance or support in obtaining a restraining order, you can contact REACH (formerly Support Committee for Battered Women) at 1-800-899-4000.

The Elder Abuse Hotline (under MGL 19A) is used to report physical, emotional, or sexual abuse, neglect, and financial exploitation of someone over the age of 60 at the hands of relatives or a caretaker and self-neglect by an elder. The Commonwealth of Massachusetts Elder Abuse Hotline can be accessed 24 hours a day, seven days a week, by calling 1-800-922-2275 or you can make reports during regular business hours directly to the Protective Services unit at Springwell (formerly West Suburban Elder Services) 617-926-4100.

To raise awareness about domestic violence, the Newton Senior Center will host *The Clothesline* and *Silent Witness Projects* the week of Oct 12th. We will also have a presentation by Erin Miller, Coordinator of Domestic Violence/Sexual Assault Program at Newton Wellesley Hospital on 10/15 at 10 a.m. entitled “Not all Relationships Feel Safe”. There will be a follow up discussion on 10/27 at 1 p.m. Elder Abuse and Domestic Violence are against the law! If you have questions or would like to talk to someone, you may call Kathy Laufer (617-796-1663) or Lindsay Carlson (617-796-1672) at the Newton Senior Center.

Please welcome, **Melissa Sorrell-Kimble**, a graduate student from Simmons College of Social Work who will be interning with the Department of Senior Services from September – August of this year. Melissa will be here on Mondays and Thursdays.

Supplemental Nutrition Assistance Program – SNAP (formerly known as Food Stamps) benefits are provided by the federal government and administered by DTA, Department of Transitional Assistance. Elders may be eligible for food stamps. Once approved, an elder will receive the BAY STATE ACCESS card, which works like a debit card, at the supermarket check out. *For more information or an application, contact social services at the Department of Senior Services – 617-796-1660.*

Medical Equipment Closet -The medical equipment closet currently has walkers, wheel chairs, commodes, canes, adult incontinence briefs in many sizes and other items. If you or someone you know needs an item, **call Lindsay (617-796-1672) to schedule a pick up time.**

Information Station

SENIOR CENTER MEALS

Lunch every Monday-Friday at 11:45.

- To reserve call 617-796-1660 by 11:00a.m., the previous day. Choose your menu at this time.
- A voluntary donation of \$1.75 is suggested per meal.
Springwell makes these lunches possible.

Legal Appointments at the Senior Center

Law students from Boston College Legal Assistance Bureau

Legal Services will take appointments for legal consultation on the first Friday of each month.

This program resumes in October.

Please call 617-796-1660 for an appointment.

If your question cannot wait, call the Waltham office at 781-893-4793

Adults age 60 & over needed!

Brandeis University Emotion Lab

is seeking participants age 60+
for eye-tracking studies.

The studies are non-invasive, interesting, and unique.

Studies take **2 hours** and we **pay** for your time.

If interested, contact ... Yoon Sun at **781-736-3282**
or **emotionlab@brandeis.edu**.

Senior Citizen Parking Stickers

NEW STICKERS AVAILABLE

at the Newton Senior Center.

Newton residents, 65 years+ must show license & registration, with Newton address. (Copy of the lease agreement for personal leased cars.) Stickers good for 2-year cycle at \$6... Stickers good in all city lots, but never on the street!

Newton /Brookline Consumer Office

This office in Newton City Hall is available to answer your consumer questions and mediate your issues around purchases of goods and services for your personal use.

Call 617-796-1292

"Brain Ticklers"

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Languages at the Senior Center!

(\$1 donation)

Mondays... Beginner French, 10:30-11:30

Tuesdays... Beginner Spanish, 9-10:00

Intermediate Spanish, 10:30-11:30

Thursdays... Mandarin Chinese, 10:30am

Thursdays...French Salon (conversation)- 1:30- 2:30pm

Fridays... Japanese, 10-11 (please pre-register)

Express Yourself!

- **Fine Arts Studio Workshop**- Wednesdays, 9:30-11:30am. Work on your own projects.
- **Knitting Circle** -Fridays, 10:00-11:30. Learn, or just knit.
- **Ceramics**- Thursdays, 12:30-3:45. All supplies on site. \$40 for 8 weeks
- **Chinese Painting**- Fridays, 1:00. Find your creative self in this ancient art. \$35 for 8 weeks
- **Writing Workshop**- Mondays, 1:30-3pm- Bring your work and share!
- **NewsTalk**- Mondays, 1:00pm- current events discussion. (Suspended until November)



Playing Games!

- **Monday, Wednesday, Friday-**
Pool Cues (Billiards) 9-12:30 ...\$1 donation
- **Monday – All Games**1:00-3:45... \$1 donation
- **Tuesday & Friday BINGO** 1-3... 50 cents a card
- **Tuesday- Bridge Lessons** 10-11:30 ★
- **Wednesday- Duplicate Bridge**
1:00-3:45... \$2 donation
- **Thursday- All Games** 1-3:45... \$1 donation
- **Friday- ChessNuts** 12-3:45... \$1 donation
- **Friday- Poker & Scrabble** 1-3:45... \$1 donation

Wondrous Women of the World!

Join Rhona Swartz on Thursdays at 10:00am,
for a surprising and informative look at some of the
fascinating women who have made history.

Please pre-register.

Drop-in Computer Help

Drop-in computer help is available at the Newton Senior Center, Fridays, 1-3:30. Teachers answer short questions, only. Those wishing instruction on the computer should contact Joanne to register for computer lessons.

Healthy Tid-bits

What is the flu?

The **Seasonal Flu** is a contagious disease passed by coughing and sneezing. Complications can include pneumonia and worsening of medical conditions like heart disease, diabetes, or asthma. ***In addition***, a new (second) type of flu virus **H1N1 (swine) Flu** is circulating. Current studies indicate that infection among persons over 65 years of age is less likely (for this flu) than for persons in younger age groups. **Tips to help protect you against the flu:**
1. Get a flu vaccine every year. The seasonal flu shot clinic will be :



OCTOBER 28, 2009... at the Nonantum Post #440
295 California Street from
10 am – noon and 3-5 pm.

Arrange transportation by calling for using the yellow vouchers (medical). You may request transport to and from the senior center.

The *H1N1 (swine flu)* vaccine is expected in November. Ask your healthcare provider if this is recommended for you.

2. Ask your health care provider about pneumococcal vaccine. This vaccine is offered monthly –for an appointment call 617-796-1420.

3. Wash your hands.

4. Cover your mouth when you cough or sneeze.

5. Don't touch your eyes, nose or mouth. This decreases the chance that you will get the flu virus or other germs into your body.

6. Avoid contact with people who are sick.

For questions please see the public health nurses at the health maintenance clinics:

Monday (Library 9-12),

Tues (City Hall 9-12),

Wed (Senior Center 9-12)

Thurs (Post #440 10-12)

Fri (Senior Center 9-12)

call the flu hotline at 617-796-1426.

check our website www.newtonma.gov/flu

New Directions in Alzheimer's Care

The Massachusetts Alzheimer's Association, West Suburban Area Alzheimer's Partnership and Newton Free Library bring the latest information on treatment & community resources for those with Alzheimer's.

Saturday, October 24, 9:30am to 12 noon.

Newton Free Library (330 Homer St.) Druker Auditorium.



How's Calls

by Howard L. Kramer, M.D., Ph.D.

*(The opinions expressed below are those of Dr. Howard L. Kramer,
Board certified internist and private healthcare consultant.)*

Two Lost Teddys: Health Care's Gain?

At the end of August, we lost two great Patriots named Teddy. Both saw their priorities in life redefined by personal loss, though they came from opposite sides of the career spectrum. One was Tedy Bruschi, who played quality Patriots football for 13 seasons and decided to retire at age 36, having recovered from a stroke in 2005. The other, Teddy Kennedy, played quality politics in the U.S. Senate for 46 years, lost a valiant battle with brain cancer at 77, and endured unspeakable personal and family tragedies during his career. Both had access to some of the best health care in the world, a fact of which Americans can justly be proud.

The specifics of Tedy's medical course are a little vague, but his stroke, caused by a small blood clot that blocked an artery to his brain, was likely due to a small hole – called a *patent foramen ovale (PFO)* – between two chambers of his heart. He was treated locally at world-class Massachusetts General Hospital, no doubt by a distinguished team of cardiologists and cardiac surgeons, who surgically repaired the PFO; and at the renowned Spaulding Rehabilitation Hospital. His recovery was so successful that he was able to return to the rigors of a professional football career a short eight months after his stroke.

As a result of dealing with an illness that could easily have been fatal, Tedy has become a spokesman for the American Stroke Association and has written an inspiring book titled “*Never Give Up.*” His announcement of retirement was highlighted by an unusually emotional interview with his long-time coach, Bill Belichick, who quipped, “He was the perfect player.”

Although the other Teddy would deny that he was perfect, his impact on the people of Massachusetts and the entire United States may well be broader, deeper, and more enduring. President Obama remembered him as “the greatest U.S. Senator of our time.”

The tragedies that had transformative influence on Teddy's life included the violent early deaths of three brothers, a near fatal plane crash, and a driving accident that took the life of a young woman. He described his career with clarity in his recent letter to the Pope: “*I know that I have been an imperfect human being, but with the help of my faith, I have tried to right my path. . . I have done my best to champion the rights of the poor and open doors of economic opportunity. . . even though I am ill, I am committed to do everything I can to achieve access to health care for everyone in my country. This has been the political cause of my life.*”

The sad reality of U.S. health care is that the outstanding medical skill to which the Ted(d)ys had access, is not available to all Americans. *On average* the quality of care received by the totality of Americans ranked only 37th in a 2000 World Health Organization study of 191 member countries.

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Teddy Kennedy did not live to see his dream of universal access realized. But if Tedy Bruschi can reach over from a career in professional sports to work to improve our health care system, we may hope that Congressional partisans from both sides of the aisle will be motivated to pass meaningful health care reform in honor of the other great Patriot whose loss we are mourning. In Senator Edward Kennedy's own words, “*the hope still lives, and the dream shall never die!*”


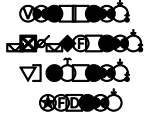
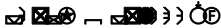








The Senior Citizens Fund of Newton  
 PO Box# 600488  
 Newtonville, MA 02460

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## OVER 55 October 2009

[WWW.CI.NEWTON.MA.US/PARKS](http://WWW.CI.NEWTON.MA.US/PARKS) CLICK ON "OVER 55" or call Nancy at 617-796-1506  
**Newton Department of Parks & Recreation**

|                                                                                     |                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <b>Haunted Happenings: Salem. MA</b> Lunch buffet at Hawthorne Hotel, guided tour of Halloween decorated streets, the House of Seven gables, the Salem Witch Museum, shopping at Pickering Wharf. \$47.00. 617-796-1506. |
|   | We do it all and socialize too! Machines and help available. Wednesdays, 1:00pm, Fieldhouse at Albemarle Road. For info. call Eleanor 617-3332-6364 or Ann 617-244-8638.                                                 |
|  | Cribbage Mondays 10am-3pm. Cards Thursdays 11:30-4 (Golf, Pay Me Cribbage). Scandinavian Living Center, 206 Waltham St., Newton.                                                                                         |
|  | Wednesday mornings at the Hut in Newton Centre. Call for schedule.                                                                                                                                                       |
|  | <i>Emerson Community Center</i> - Thursdays<br>1-3:30pm, Helen Murphy plays your favorites. \$2 donation.                                                                                                                |
|  | Wednesdays, 6:15-7:15pm at 545 Grove St., <b>Lower Falls Community Center</b> . Call to register.                                                                                                                        |
|  | Tuesdays 7 Thursdays, 6:15-7:15pm at 545 Grove St., <b>Lower Falls Community Center</b> . Call to register.                                                                                                              |
|  | Some experience required. Meet at the Hut at Newton Centre, Mondays, 9:30-11:00am.                                                                                                                                       |
|  | Mondays 9:30am, fairway lanes, Natick.                                                                                                                                                                                   |
|  | Monday-Friday at 7am at Albemarle Fieldhouse.                                                                                                                                                                            |
|  | Fairly serious game for older adults. Contact John Stewart, Newton Senior Basketball Association, 617-969-0950 or stewnewton@comcast.net                                                                                 |